



Course: American Red Cross Lifeguard Training w/Oxygen Administration

Instructor: Mary Mitchell

Cost:

\$200.00 due to St. Lucie County upon successful completion of the pre-course

Total cost of the course: \$200.00

Course description:

This class is designed for entry - level participants at all facility types.

Certifications: Lifeguarding/First Aid/CPR-PR w/AED and Oxygen Administration

Length: 32 hours (8 hours additional for needed practice and weather make ups).

You will learn the following:

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills-in the water and on land
- First aid training and professional rescuer CPR with oxygen administration
- Professional lifeguard responsibilities

Pre-requisites:

- Minimum age 15 years, please bring ID for proof of age.

Pre-course

- Swim 300 yards continuously using each of the following strokes for at least 100 yards: crawl, breaststroke. The stroke(s) used for the remaining 100 yards are the participant's choice.
- Swim 20 yards, feet first surface dive in a minimum of 7 feet of water to retrieve a 10 pound object. Swim back 20 yards with the brick and jump onto the pool deck within a minute and forty seconds.
- Tread water for 2 minutes using only the legs

Pre-course will be conducted at the Ravenswood Pool on the dates listed below.

You must e-mail MitchellM@stlucieco.org to sign up for the pre-course.

Minimum: 6 participants ~ Maximum: 10 participants

Location:

Ravenswood Pool

400 Ravenswood Lane

Port St. Lucie, Fl. 34983

(772) 871-2183

Dates:

Course 1

Pre-course: February 6, 2014 (4:00pm-6:00pm)

Course dates:

February 15, 16, 17, 22 and 23, 2014 (9:00am-5:00pm)

Course 2

Pre-course: March 6, 2014 (4:00pm-6:00pm)

Course dates:

March 22, 23, 24, 26 and 28, 2014 (9:00am-5:00pm)